

	Recognition	Regulation
Personal Competence	<p style="text-align: center;">Self-Awareness</p> <ul style="list-style-type: none"> • Self-confidence • Awareness of your emotional state • Recognizing how your behavior impacts others • Paying attention to how others influence your emotional state 	<p style="text-align: center;">Self-Management</p> <ul style="list-style-type: none"> • Keeping disruptive emotions and impulses in check • Acting in congruence with your values • Handling change flexibly • Pursuing goals and opportunities despite obstacles and setbacks
Social Competence	<p style="text-align: center;">Social Awareness</p> <ul style="list-style-type: none"> • Picking up on the mood in the room • Caring what others are going through • Hearing what the other person is “really” saying 	<p style="text-align: center;">Relationship Management</p> <ul style="list-style-type: none"> • Getting along well with others • Handling conflict effectively • Clearly expressing ideas/information • Using sensitivity to another person’s feeling (empathy) to manage interactions successfully

The "List of Lies" Worksheet

Instructions: Review the list of beliefs below and highlight or circle any that you believe about yourself. At the bottom you can add any that are not listed. Be courageous and honest with yourself. Some people will highlight many and some only a few. Do not judge yourself for the number of lies highlighted.

• I am not good enough	• I am a failure
• I am not a good person	• I will never measure up
• I am average	• I am worthless
• I did something very wrong	• I do not have value
• I did something unforgiveable	• I am not smart enough
• I am ugly	• I should have known better
• I always feel guilty	• I am a disappointment
• I am weak	• I cannot protect myself
• I don't belong	• I am terrible
• I am damaged permanently	• I am not lovable
• I do not deserve to be loved	• I am inadequate
• I cannot trust anybody	• I can't do anything right
• I cannot be trusted	• I deserve to be treated poorly
• I have to be perfect	• It's not ok to show my feelings
• I think I am crazy	• I deserve to be miserable
• I should have done something	• I am powerless
• I am a burden	

Affirmation for Self-Worth # 1

YOU are beautiful and loving and kind.
YOU are a loyal and trustworthy friend.
YOU are a caring, giving and patient mother.
YOU are strong and mighty and have overcome darkness.
YOU have a kind heart and a smart mind.
YOU are witty and crafty and capable of great things.
YOU possess a unique knowledge as a result of my hardships.
YOU protect those YOU love, including yourself.
Today, YOU rebuild your life.
Today, YOU show yourself what YOU can do.
YOU have hope and confidence and YOU are worthy of love.

Affirmation for Self-Worth #2

YOU are unique and there is no one like you.
YOU are an irreplaceable you.
A talented and beautiful and wonderful you.
YOU are you.
YOU are a powerful you.
A brave and strong you.
A watch you roar and shake up the world you.
A rise above and stand tall you.
YOU are you.

Affirmation for Self-Worth #3

Today YOU are good enough.
YOU are strong enough.
Wise enough.
Beautiful enough.
Kind enough.
Smart enough.
Capable enough.
"Laugh out loud" funny enough.
YOU are enough.
YOU are more than enough.
YOU are an amazing you.